

**Systematic Review Questions:**

- [!\[\]\(c8dce68b26731c7aa5915072fc9d68dd\_img.jpg\) What is the optimal proportion of dietary fat, carbohydrate, and protein to lose weight if overweight or obese? \(DGAC 2010\).](#)
- [!\[\]\(76b3245de86167eba9fcdc9cc9f32aa4\_img.jpg\) What is the optimal proportion of dietary fat, carbohydrate and protein to avoid regain in weight-reduced persons? \(DGAC 2010\).](#)
- [!\[\]\(13db7587f50867332e5bedc6a161739d\_img.jpg\) Are low-carbohydrate \(less than 45%\) hypocaloric diets safe and effective for long-term \(more than six months\) weight loss or maintenance? \(DGAC 2010\)](#)
- [!\[\]\(7be5ea91065783fbb69e41ba5d9680f7\_img.jpg\) Are high-protein \(>35%\) hypocaloric diets safe and effective for long term \(more than six months\) weight loss or maintenance? \(DGAC 2010\)](#)